

Asian risotto with shiitake mushrooms

Preparation and cooking time: 45 minutes

Ingredients:

- Coconut Oil
- 1 medium onion - sliced into fine rings
- 2-3 cloves garlic - finely diced
- 200g wholegrain rice
- 1litre good vegetable stock
- 200g shiitake mushrooms (fresh weight), thinly sliced
- 2 courgettes - sliced lengthways into ribbons
- 100g frozen peas, defrosted
- 1 tbsp rice mirin
- 2 tbsp teriyaki sauce

Directions:

- Place Add 2 tsp. coconut oil to a pan and sweat onions and garlic over a medium heat for 2 minutes
- Add rice, stir and continue cooking for 1 minute
- Add 500ml stock, reduce to low heat, stirring all the time
- When stock is absorbed, add further 300ml and continue gently stirring
- While rice is cooking, heat 1 tsp. coconut oil in a heavy-based saute pan over medium heat and add mushrooms
- When mushrooms begin to brown, add courgettes and saute for 5 minutes. Then add peas, teriyaki and mirin, stir and cover. Remove from heat
- After 20 minutes, check rice consistency, add rest of stock if necessary.
- Continue to cook for a further 10 – 20 minutes until rice achieves desired consistency (should be soft but retain firm bite) and remove from heat. Taste and season as necessary.
- Add courgettes to mushrooms and stir in over low heat

Thanks for Finn Murray in The Hopsack for this lovely recipe. Serve with sauted Bok Choy or cabbage for an extra boost of vitamin C and fibre.